SHE IS

LILITH

by vixenmanifest

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“Whatever you desire, believe that you have received it, and you will.” – Neville Goddard

SHE IS LILITH

This book details embracing dark feminine energy using the law of assumption. The contents of this book are what I've learned on my self-love and manifestation journey, and how I became obsessed with myself. It's solely self-concept focused. You are the single most important relationship in your life. You are the answer you've been looking for.

It's not about what you do, it's about who you are. You are worthy of everything you desire simply because of who you are. Simply because you exist.

MY EXPERIENCE

I don't talk about my past very much, mainly because I've freed myself from it.

In short, I always felt like it was me against the world. Lonely, insecure, and helpless. I spend the majority of my time living in the past, and the remainder hating myself. I struggled heavily with mental illness and developed an eating disorder in the process. I felt stuck and powerless. Coupled with chronic pain, living in poverty, having strained relationships with everyone in my life, feeling isolated, feeling like an outsider, I was trapped in my mind and desperately trying to make sense of life. I was hoping for the best.

I used to spend way too much time worrying about what everyone else thought of me. That was a big “blockage” to embracing who I truly am. I thought:

“What would people from high school think of me?”
“What would my family think of me?”

In honor of saying “fuck that”, this book is completely focused on YOU, because that is ALL that matters. As you continue exploring your power, it’s important to remember that in order to manifest what you want, you only need to change yourself internally. You do not need to do anything in the physical world to get your desires. True reality exists within you.

I used to believe that I had to wait for divine timing. I believed the universe was deciding whether or not I was worthy. I believed that if I was bad, I’d go to hell. I simply invite you to open your mind and heart to the possibility of more than what you’ve been taught.

I lovingly invite you to become receptive to what I share, and to test it out for yourself. I’m a no-bullshit kind of person. I’m not interested in making this complicated. Thus, this book isn’t very long. It’s straight to the point. Don’t underestimate its length; this book is everything I wish I was taught 10+ years ago. It is information I am grateful to have consciously remembered in this lifetime.

I invite you to open your mind and heart. The contents of this book quite literally changed my fucking life. Took me from the rock bottom to feeling more confident, beautiful, powerful, admired and alive than ever.

Suspend everything you've known for now.

“WHAT MAKES YOU THINK THIS EBOOK IS SO SPECIAL?”

I’ve been where you are right now. I remember buying ebook after ebook, course after course, freebie after freebie, desperately looking for answers. I wanted to be seen, admired, respected, desired, and confident. I wanted to feel powerful. I was told to change the way I dress, change my mannerisms, mirror body language, wear sexier outfits, etc.

But I always finished the books with this panging emptiness in my chest. It felt like no matter what tricks and tools I used, I was still the helpless, insecure, lonely girl that I hated.

I would usually get excited, try some tips out, get discouraged, and go back to square one. I was in this endless cycle of self sabotage and self torture.

Why? Because instead of addressing the cause, I was meddling with the effect. External actions and experiences are the EFFECT. Your internal world is the cause.

The truth is, all that dark femininity is, is a state of mind. It's an experience that you choose to embody. The problem is that everyone was telling me to change my outer world. The 3D world is the EFFECT. Your inner world is the CAUSE. Changing your outer world is all in vain unless you change your inner world. That's partially why this book is about changing your self concept. Your inner world (your imagination, your inner conversations, your beliefs) is quite literally all you need to embrace your dark femininity, and further, to manifest your desires.

Changing your inner world changes your life.

Like you, I was tired of being tired. I know you're done being a doormat. You want more for yourself. You want

to be confident, sexy, magnetic. beautiful. You know there's more to life than what you currently consciously know, and you want the freedom to explore. You want to feel wanted. You want to feel powerful. You're ready to embrace your "shadow side". You're ready to fully embrace your seduction. You're ready to embrace who you truly are.

To many of you, especially at certain points, this book may feel like a bucket of ice-water dumped on your head. You may feel shocked, confused, unsettled, etc. I know along the course of my own spiritual journey, I was scared to accept new information. I want to comfort you now to tell you that it's okay. You don't need to understand this all now. This book is always available for you to revisit, and I'd be willing to bet that every time you revisit, something new will stick out.

This ebook is entirely about you. In law of assumption, a very important aspect that many people tend to overlook is that self concept is key. It is the single most important

thing when it comes to manifestation. In honor of that, this entire book is about YOU and only you.

In my experience, your beliefs about yourself & your relationship with yourself is the most important aspect of your life. In terms of manifestation, having a strong self concept is absolutely priceless.

Many of you desire men and women lusting after you. You becoming obsessed with yourself internally will inevitably reflect in your outer world; others will be obsessed with you as well. Again, as within, so without.

There is so much to who you truly are. I could talk about this forever, I'm overwhelmingly passionate about these topics. This book is just the tip of the iceberg, but you truly do not need anything else but yourself to manifest. You don't need to learn all the information before you start. You are fucking powerful. This book focuses on, in my experience, the most important part of embracing dark femininity: you.

WHAT IS DARK FEMININITY?

Dark femininity is your raw, unfiltered power. It's embracing your shadow side–the parts of yourself that've been shamed by society. It's honoring your confidence, your rage, your power, your passion, your creativity, and your seduction. It's unapologetically respecting your true desires.

A dark feminine woman knows what she wants. She knows her power. She honors her true desires. She's obsessed with herself, and she finds all her validation internally.

She is bold, unapologetic, and seductive. She's effortlessly admired.

What should you expect to experience in this state? In my experience:

- Confidence
- Being desired

- Being admired
- Immense creativity
- Attention
- Being obsessed with yourself, conceited
- Beauty
- Feeling powerful

At its core, dark femininity is deeply honoring yourself. It is choosing yourself. It is prioritizing yourself.

FORGET THE LAW OF ATTRACTION

I want to begin by breaking down the bullshit you've been spoon fed thus far. It's time to forget the law of attraction.

The law of attraction has SO many limiting beliefs. There are so many completely made-up rules to manifesting that make it all so much more complicated than it actually is. As I mentioned earlier, I'm a no-bullshit type of person. I'll tell it to you straight, babe.

This shit will keep you stagnant. It's fear based. As soon as I got out of the law of attraction, I understood my true power.

Give yourself grace, it's okay if it takes you some time to fully understand. Know that you don't have to understand everything in order to manifest, but I find it extremely important to acknowledge that all the extra noise is not necessary. It's freeing to have clarity.

1. *The universe isn't granting you your desires.*

In your life, YOU are the only being with the power to manifest. There is no competition. It's not by mistake that you are experiencing life as you. You quite literally have the power to decide everything in your reality.

2. *You don't have to wait for divine timing.*

   You are not limited by time.

3. *You don't have to do shadow work to manifest.*

   You are not broken. You don't have blockages. There is no such thing as a blockage. In my own journey, I was stuck in my "shadow work" phase for what felt like forever. Healing is beautiful, but it definitely is not necessary to manifest what you want, and it doesn't have to be a tedious process.

4. *You don't need to hope things will work out.*

   With the law of assumption, you decide things will work out. You are in control of your reality.

5. *You don't need to look for signs.*

We manifest “signs” after we’ve shifted states. You don’t need a sign because you deserve what you truly want. Any signs that come your way are YOUR manifestations, whether consciously or not.

6. *You don't have to settle for less.*

I used to believe that I couldn’t have everything I wanted, and that I needed to be okay with less. BULLSHIT. You NEVER have to settle for less.

7. *Karma doesn't exist.*

Unless you believe it does. You will see evidence of karma if you believe it to be true, because whether you’re aware of it or not, you’re manifesting that in your life. Don’t go through your entire life blaming yourself for everything you may have unknowingly manifested. Law of assumption is so much more forgiving than that. There’s no blame here. You have the power to forgive yourself.

In order to manifest, you need to change your inner world. Do not rely on the 3D (the physical world). Your inner world is the cause, and outer world is the effect.

THE SHIT I WISH I KNEW GROWING UP | HOW TO EMBRACE DARK FEMININITY

When it comes to dark femininity, all that is important is your self concept. What you believe to be true about yourself is ALL that matters. You don't need to stock up on random tips and tricks to make people think you're more interesting. Everyone else is irrelevant here; it's all about you.

I mean this literally. Picture your favorite dark feminine celebrity. Do you think they rely on one-off seduction tips to convince the masses to adore them? Do you think they bite their lip and bat their lashes exactly 4 times in order to seduce? No.

They internally see themselves as dark feminine women. Consciously or not, they see themselves as seductive. They see themselves as beautiful. They see themselves as desired. They aren't relying on anyone else to tell them. Long before they were in the spotlight, these beliefs existed within them. Getting caught up on external

actions instead of approaching the root of the problem is a waste of your time and energy.

It is all about you.

- **CORE BELIEF, AFFIRM THE OPPOSITE**

I don’t support dwelling in the past, but in my journey to embracing dark femininity, I found it helpful to recognize and eliminate my core limiting belief.

Sometimes it feels like a mountain of blockages are preventing you from embracing your true power and feeling the unwavering confidence you want. That’s not the case, though. In reality, nothing is blocking you from manifesting your desires, and the only thing making it feel difficult is a pesky core belief you hold onto and identify with about yourself.

I constantly receive messages from beautiful souls telling me their limiting beliefs coupled with “but I don’t know why” or “but i don't know how to fix it”.

The messages look a little something like this:

“I care too much about what people think and I don’t know why. How do I stop?

Awareness is an extremely important step in all of this. The fact that you acknowledge what you feel is beautiful. Now, it’s simply time to change it.

Check in with yourself to find that core belief that's fucking with you. In order to do this, ask yourself "why do I feel like this?" More times than not, it's the very first thing that comes to mind. It's usually some experience that you constantly revisit that causes a belief like "I'm worthless, I'm not enough, I'm undeserving, or I'm unlovable." Once you recognize that core belief, internally affirm the opposite.

Comfort yourself in your love language. Continue comforting yourself until you genuinely feel satisfied.

Once you acknowledge the belief, don’t dwell on it. Don’t feel guilty for harboring it or regretful for all the time you’ve believed it. That’s not important, and that’s not the point here.

Separate yourself from the belief for a moment. Briefly imagine a young child coming to you expressing that belief. They came to you saying, for example, “I’m not enough". Wouldn't you tell them that they're more than enough? Wouldn't you shower them with love? Wouldn’t you do everything in your power to make that child feel adored? Do that to yourself and really tap into the feeling of it.

For me, it was “I don’t deserve it.” I remember staring at myself in the mirror one late night. Exhausted, I vividly remember staring deep into my eyes and telling myself “I deserve it, and I love you.” I was near my late teens, and honestly, that might've been the first time I ever said those words to myself. Tears pooled in my eyes and I hugged myself. I kept telling myself “I love you” over and over and over again because it felt so foreign, but so fulfilling.

Clinging onto your core limiting belief is manifesting events and circumstances in your life that support that assumption. Consciously or not, this is occurring in your

life without fail. I believed that I didn’t deserve to be happy, to be beautiful, to have attention, etc. In return, and unknowingly, I was constantly manifesting experiences that supported that belief. Everyone mirrored my self concept back to me. They’d tell me that “you don’t deserve that” or challenge me with “what makes you think you can have that?”. In friendships, I was distant, because I didn't believe that I deserved healthy relationships. I felt like an outsider in friend groups and struggled to receive the love and respect I craved. Again, I felt that I didn’t deserve it.

This exact phenomenon is occurring in your life right now. Acknowledge that limiting belief and decide it doesn’t apply to who you are.

You are infinitely powerful. The limiting belief is simply that–a belief. You have complete control over what you accept to be true, and whatever you accept to be true IS true and manifests in your life. Without fail. Choose a new belief.

Instead of “I don't deserve it”, I adopted the belief “I deserve everything I want and more.” Stay loyal to your new belief. Don’t go back to telling yourself the former.

- **FORGIVE**

The past no longer exists. The future does not exist. They both exist solely within our minds, and you have full control over your mind, over your inner world. In order to manifest what you want, stop holding yourself back by clinging onto your past. Forgiveness does not make you weak. Forgiveness does not make you a pushover. Revenge and hatred keeps you trapped. Forgiveness sets you free.

Apologize to yourself, first and foremost. Decide that from now on, you are going to choose yourself. Decide that your relationship with yourself is important, and you will not spend another moment neglecting it.

As for everyone else in your life, I recommend writing letters for closure. Write letters from their perspective if that provides a greater sense of peace. The idea here is to completely start fresh. Is this necessary in order to manifest? No, of course not. However, I find this process therapeutic. I recommend doing it all in one sitting. One and done. Setting everything that feels unsettled within

you to rest. Write a letter to yourself as well, forgiving you for everything you've done. You deserve a fresh start. You are not your past.

Once you genuinely feel a sense of peace, let yourself break ties with everything from your past. It's not holding you back, but your belief that it is will keep you feeling trapped. Let it go, babe.

After you've finished, write yourself a love letter. Pour your heart out to yourself. This is the beginning of a completely new chapter in your life. This is your fresh start. You are a blank canvas now, embrace the freedom to create yourself however you'd like.

I understand the need to heavily associate with your struggles; I used to do that as well. I spent most of my free time replaying traumatizing memories and revisiting painful experiences. Do yourself a favor: set yourself free.

REINVENT

Now you have a completely clean slate. It's time to fully dive into your dark femininity.

I want to briefly point this out, because this point eases pressure on yourself.

We manifest in states. Conceptualizing manifestation in this way is so much simpler than manifesting individual items.

Think of it as manifesting a cake vs. manifesting icing, flour, sugar, salt, eggs, butter, etc. Instead of manifesting each individual piece, we naturally manifest from our dominant state. This emphasizes the need to be aware of our self concept. Because we manifest in states, it's extremely important to be aware of what we believe to be true about ourselves.

On a state level, embracing dark femininity means manifesting everything that you associate with dark femininity–at once. There is no need to manifest individual items. We are constantly manifesting from our current state of mind, our current self concept.

State shifts are instant. Have you ever gone from feeling on top of the world to feeling miserable? This is simply a state change, and we are deciding what state to embody–dark femininity.

As your new state, it's important that you decide what you want to experience. Manifestation is so much more enjoyable when you love what you're manifesting. Dark femininity may feel different to you than it does to me, and that's okay. Honor YOUR desires.

Ask yourself these questions:

- *As a femme fatale, dark feminine woman, what do I believe about myself?*
- *As a femme fatale, dark feminine woman, what do I believe about others? How do others treat me?*
- *As a femme fatale, dark feminine woman, what do I believe about life in general? What does my life look like?*

CHANGE YOUR INNER WORLD

Dark feminine energy exists within you. It has never existed outside of you. In order to experience life in this state, you need to change your inner world. In your inner world, feel yourself to be the woman you desire. There are no limits. Internally hear people compliment you on your seduction. Internally see people staring at you in admiration. Be loyal to your inner world and you will see it reflected in your outer world.

There is an unbroken connection between our inner world and our physical world (3D world). Your inner world is always the cause, and your physical world is always the effect. This occurs consciously or unconsciously, 24/7 in your life. This is the true nature of manifestation.

So, far more important than making changes externally, you need to change your inner world. It's imperative that you prioritize your feelings throughout the day, your inner conversations, and the topics you're dwelling upon.

Consistently take time to unplug from the physical world. The physical world can change at the drop of a hat. It can change INSTANTLY, and your inner world is the cause every single time.

As someone who fully embraces their dark femininity, you need to find all your validation internally. Make it a habit to check in with yourself before considering anyone or anything else. Tell yourself exactly what you wish to hear externally, and choose to believe yourself.

Treat yourself how you want them to treat you. More importantly than external actions, treat yourself internally how you want to be treated. Compliment yourself right now. Begin every morning complimenting yourself.

The minute you decide that no matter what you see or hear in your 3D world, that you've decided to believe yourself above anyone else? That's the moment you've won.

I used to tell myself affirmations, but I didn't notice much of a change. That's because I was saying the words, but I wasn't feeling them. I was telling myself the words because I wanted to stop feeling so miserable, but I wasn't changing my thoughts.

Immediately after repeating affirmations, I would internally pick myself apart.

Change your thoughts. Change what you believe to be true about yourself, others, and life.

Here is a list of some dark femininity affirmations. Use whatever resonates and alter to your liking. Replace old, unwanted thoughts with these. These are your new inner conversations.

- I am effortlessly sexy and powerful.
- I always get exactly what I want.
- Everyone absolutely adores me.
- I find all my validation internally.
- My power is unmatched.

- I am obsessed with myself.
- I deserve everything I want and more.
- I am more than enough.
- I am in love with every aspect of my life.
- I am the most beautiful woman to ever exist.
- I am highly desired.
- Everyone treats me like the goddess that I am.
- I am absolutely in love with myself.
- I love myself unconditionally.
- I am more than worthy of everything I want.
- I am in love with myself and my life.

HABITS

All that matters is changing your inner world. You will undoubtedly see the reflections of your inner world in your 3D world. You will find your habits naturally changing as a result of your changed inner world.

As a dark feminine woman, here are some habits that you'll likely indulge in. It should never feel like you're forcing it. It shouldn't feel odd and unnatural. If it does, turn all your attention to your inner world again until these acts feel natural.

Be present while you do them.

Do everything for yourself ONLY.

DATE | Take time every day to dedicate to yourself, take yourself out on dates. Make that time non-negotiable. Prioritize that time and plan ahead occasionally.

LISTEN TO SUBLIMINALS & GUIDED MEDITATIONS | These can be helpful when you want to

simultaneously rest your mind and avoid spiraling into an old thought pattern.

MIRROR WORK | Compliment yourself in the mirror. Look into your eyes and admire yourself as you dance. Read your love letters aloud in the mirror. Admire yourself wearing lingerie.

RAMPAGE | Go on an empowerment rant internally until you invoke feelings of self-love and empowerment within you.

DANCE | Put on music that makes you feel good (Here's a femme fatale spotify playlist I created:

PHOTOSHOOT | Listen to music, dance around, enjoy your time putting on makeup, take pictures, and admire yourself.

SPOIL YOURSELF | Don't hesitate to do what fulfills you. Get in the habit of internally telling yourself yes, regardless of external circumstances.

WRITE YOURSELF LOVE LETTERS | Pour your heart out into the letters. Don't write what you "should" write. Write what truly makes you feel powerful and beautiful.

SELF CARE | Soak in a bath. Watch the sunset. Before checking your phone every morning, rampage internally. Tell yourself beautiful things, appreciate yourself, and compliment yourself until you feel enveloped in the feeling you're wanting to provoke, such as seduction, peace, beauty, fulfillment, etc. At night, before you drift off to sleep, do the same thing. Only drift off to sleep in a state that feels good to you.

HOBBY | We're creative beings. Embrace creative hobbies.

YOU’RE MORE THAN ENOUGH ALREADY

Stop waiting. You don’t need all the information in the world to start. Let today be the day you choose yourself for good.

No, you don't need another ebook. You don’t need another course. Hell, you don’t NEED this ebook. All you need is yourself.

OBSESSED WITH MYSELF RITUAL

(This isn’t witchcraft; I just made this “ritual” up.)

Out of everything I've manifested in my life, my favorite manifestation has been my relationship with myself. When you believe you are worthy, and deserving, and admired, you will experience this in your 3D world. Others will believe you and treat you as such.

COMPLETE THIS RITUAL AS OFTEN AS NEEDED

- Turn your phone on DND.
- Clean your space.
- Go on a rampage internally. Hype yourself UP.
- Dance around to music and compliment yourself as you dance.
- Take a warm bath or shower. Listen to music and continue soaking up the feeling of being the dark feminine being that you are.
- Go to sleep in that feeling.

ANSWERING YOUR LOVELY QUESTIONS

How do I not lose access to my feminine energy while in a relationship?

Make your alone time a priority. Make self care a priority. Set aside non-negotiable time where you consistently cater to only you. Your relationship with yourself will always be the most important relationship of your life. Honor your relationship with your partner, but never at the expense of your own well-being.

What to do when not feeling worthy of good things?

Visit your inner world. As I mentioned earlier, in order to manifest what you want, you need to change your inner world. That's all. It's beautiful that you've acknowledged that belief, because that's the first step. Simply decide that you are worthy. Manifestation is very simple. We constantly manifest–we can't turn it off. Stop what you're doing and tell yourself that you're more than worthy of all the goodness in the world. Sit with that belief and allow it to feel real. Don't force it.

Is life supposed to be easy or hard?

EASY!!!! Stop telling yourself "life is hard." That's a perfect example of how the law of assumption works. Constantly telling yourself "life is hard" is going to manifest events and experiences in your life to support that belief. Your external world is the effect. Change your assumption. Decide that life is easy, and consistently feel into that.

What tricks can I use to fully believe in myself?

Rampage. Go on a rant internally hyping yourself up. Do it until you catch the feeling of empowerment and love for yourself.

How can one be dark feminine? / how do I tap into my dark femininity?

Dark femininity is merely a state that you choose to embody. There are an infinite amount of states to embody, and further exploration into the manifestation (especially

Neville Goddard's work) demonstrates this. All you should consciously know for now is that dark femininity exists within you. It always has. Honor what you truly want, not what you "should" want, or what others expect you to want. Always prioritize yourself. Always choose yourself. Find all your validation internally.

How do you rewire yourself into positive talk to the point where it's natural?

I used to treat myself like absolute shit. My inner conversations were horrible, and I was constantly self sabotaging, dealing with jealousy, and victimizing myself. I felt comfortable being a victim because that's what I was familiar with.

How to rewire your inner conversations? Start right now. Decide right now to treat yourself like the powerful being you are. Tell yourself how much you love yourself. Compliment yourself. Tell yourself you're fucking beautiful.

At first it might feel foreign, but that's okay. Keep going. As you change your inner conversations, allow

yourself to feel your new thoughts to be your new reality. Trust me, there will come a point where it is your default thought and anything self-deprecating feels foreign.

How do I stop comparing myself to others?

This could be an ebook on its own. Everyone is consciousness, and we are all connected. Just like how your inner world and outer world are directly connected, so are you with all of the universe. There really are no "others", which is partially why I never advocate for revenge. There is only you vs you. No one else holds a candle to who you are, because YOU are YOU. You are God experiencing life as YOU.

Everyone is playing the role we've designated for them. In order to change their actions, you must go internally and decide on a new role.

"I don't know who I am or what I like. What are some things you recommend I should do to know myself more and love myself more?

I always struggled with a lack of sense of self. It was a major portion of one of my mental illnesses, so this question definitely stood out to me.

In short though, I think an important distinction needs to be made between "finding" yourself and "creating" yourself. I felt so stuck, alone, and confused because I felt like I couldn't find myself. The truth is though, you CREATE yourself. You get to be anyone you want to be.

There's no wrong answer. You're completely free to explore and you're free to change as much as you want. I invite you to notice how you talk to yourself in your mind. Simply notice what you're saying. Ask yourself what you want. What do you genuinely want?

How to stop seeking male validation?

At one point in my journey, it was extremely helpful to adopt the mindset that “everyone else’s thoughts are none of my business.” At the time, it helped to shift the focus from people-pleasing and anxious self-awareness to a quiet “it’s not my problem.”

External validation doesn't exist without first changing your inner world. People in your life will undoubtedly parrot back to you the things you believe about yourself and the things you believe about them. Start by recognizing that you are the single most important person in your life, and you always will be. If it helps, add a title to your relationship with yourself. Whether that's best friend, girlfriend, wife, etc., make a serious commitment to yourself.

How to stop being jealous of others and be confident in what you say/ do around others

Adopt a "me too" mentality. Instead of ruminating on jealousy and comparisons, just decide "that's mine too." If you see something you like, give it to yourself in imagination. Feel that it's yours. Continue casually going about your day knowing whatever you wanted is yours, too.

How can I balance my dark feminine energy?

You can tell yourself *"I am perfectly balanced"* internally and adopt that assumption. You are a powerful being. Balance your dark femininity by prioritizing yourself and respecting your own opinion above all else. Only imagine for others what you'd want to imagine for yourself.

Things to do to take care of yourself or practices?

Take yourself out on a date. Treat yourself. Talk to yourself lovingly. Watch a sunset. Have an at-home date night. Bake yourself treats. Read the book that's been sitting on your shelf for the past year. Go to that dance class you keep thinking about. Buy yourself a promise ring. Go paint at the beach. Have an at-home spa session. Write yourself love letters. Make an edit of yourself. Do anything that makes you feel empowered and fulfilled.

I went through a bad breakup due to a third party. How do I tap into my dark femininity properly?

Imagine and feel yourself to be the woman you want to be. Go to sleep in that feeling night after night. Don't let hatred consume you; you're more powerful than that. Right now, it's especially important to validate and empower yourself. All your validation needs to come from within. Consider adopting the assumption "their thoughts are none of my business". It shifts the focus from whatever they're thinking to solely focusing on your thoughts.

INVITATION

Babe, you've reached the end of the book. What are you going to do next? Are you going to decide to choose yourself, for good? Or are you going to fall back into bad habits, searching externally for the answer? YOU are the answer that you've been looking for. This entire time, it has been you. I invite you to decide that enough is enough, and today is the beginning of the rest of your life. That this moment is the turning point for you. I invite you to decide that the best experiences of your life are beginning right here, right now. I invite you to love yourself more deeply than anything. I invite you to hug yourself, to pleasure yourself, to dance around in your underwear, to kiss your mirror, to touch your body, to treat yourself, to buy yourself flowers, to take yourself on dates, to take yourself on vacation, to tell yourself about your day, to kiss yourself goodnight, to dream.

Now, it's up to you.

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